



	Monday (4.6)	Tuesday (4.7)	Wednesday(4.8)	Thursday(4.9)	Friday(4.10)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 橙子 苹果 Orange Apple	桂花糕 Osmanthus Cake 香菇鸡粥 Chicken Congee with Mushrooms 香蕉 Banana	鸡蛋卷 Egg Rolls 牛肉青菜面 Beef Noodle Soup with Greens 圣女果 哈密瓜 Cherry Tomatoes & Hami Melon	蒸玉米 Steamed Corn 瘦肉粥 Lean Pork Congee 火龙果 蓝莓 Pitaya Blueberries	紫薯面包 Purple Sweet Potato Bread 酸奶 Yogurt 西瓜 青提 Watermelon Green Grapes
午餐 Lunch	裙带菜牛肉汤 Beef Soup with Wakame 西西里奶酪焗鸡扒 Sicilian Cheese Baked Chicken Chop 肉沫水蒸蛋 Steamed Egg with Minced Pork 白灼生菜 Poached Lettuce 玉米饭 Corn Rice	绿豆糖水 Mung Bean Sweet Soup 粤式蒸鱼 Cantonese Style Steamed Fish 蒜台炒肉 Stir-Fried Pork with Garlic Scapes 清炒上海青 Stir-Fried Shanghai Green 红薯饭 Sweet Potato Rice	椰子鸡汤 Coconut Chicken Soup 红烧肉 Braised Pork Belly 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蒜蓉油麦菜 Garlic Lettuce 白米饭 Rice	菠菜肉沫汤 Spinach Soup with Minced Pork 椰汁罗勒炖鱼 Coconut Basil Braised Fish 土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork 清炒大白菜 Stir-Fried Chinese Cabbage 肉酱干层面 Meat Sauce Lasagna	鲫鱼山药百合汤 Crucian Carp Soup with Yam & Lily Bulb 中式卤牛肉 Chinese Braised Beef 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrot 清炒杭白菜 Stir-Fried Bok Choy 白米饭 Rice
下午茶点 Afternoon Tea	蔓越莓面包 Cranberry Bread 红豆牛奶 Red Bean Milk	草莓松饼 Strawberry Pancake 牛奶 Milk	提子蛋糕 Grape Cake 酸奶 Yogurt	原味麻薯 Mochi 牛奶 Milk	绿豆糕 Mung Bean Cake 香芋牛奶 Taro Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	794.9	858.4	883.0	893.4	772.5
蛋白 Protein /g	35.5	42.1	30.0	40.0	36.9
脂肪 Fat /g	26.7	16.4	35.5	28.9	18.1
碳水 Carbs /g	103.1	135.7	110.9	118.4	115.5

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

		Type	Monday (4.6)	Tuesday (4.7)	Wednesday(4.8)	Thursday(4.9)	Friday(4.10)
午餐 Lunch	汤 Soup	裙带菜牛肉汤 Beef Soup with Wakame	绿豆糖水 Mung Bean Sweet Soup	椰子鸡汤 Coconut Chicken Soup	菠菜肉沫汤 Spinach Soup with Minced Pork	鲫鱼山药百合汤 Crucian Carp Soup with Yam & Lily Bulb	
	主菜Entrees	西西里奶酪焗鸡扒 Sicilian Cheese Baked Chicken Chop 肉沫水蒸蛋 Steamed Egg with Minced Pork	粤式蒸鱼 Cantonese Style Steamed Fish 蒜台炒肉 Stir-Fried Pork with Garlic Scapes	红烧肉 Braised Pork Belly 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	椰汁罗勒炖鱼 Coconut Basil Braised Fish 土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork	中式卤牛肉 Chinese Braised Beef 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrot	
	蔬菜 Veg	白灼生菜 Poached Lettuce	清炒上海青 Stir-Fried Shanghai Green	蒜蓉油麦菜 Garlic Lettuce	清炒大白菜 Stir-Fried Chinese Cabbage	清炒杭白菜 Stir-Fried Bok Choy	
	主食 Staple	玉米饭 Corn Rice	红薯饭 Sweet Potato Rice	白米饭 Rice	肉酱干层面 Meat Sauce Lasagna	白米饭 Rice	
	水果 Fruit	橘子 Tangerine	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	507.3	540.2	546.6	566.6	504.8
蛋白 Protein /g	25.2	29.5	20.6	28.3	28.2
脂肪 Fat /g	18.9	11.1	21.9	19.6	13.0
碳水 Carbs /g	59.0	80.6	66.8	69.2	68.8

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom



		Type	Monday (4.6)	Tuesday (4.7)	Wednesday(4.8)	Thursday(4.9)	Friday(4.10)
中餐 Chinese	汤 Soup	裙带菜牛肉汤 Beef Soup with Wakame	绿豆糖水 Mung Bean Sweet Soup	椰子鸡汤 Coconut Chicken Soup	菠菜肉沫汤 Spinach Soup with Minced Pork	鲫鱼山药百合汤 Crucian Carp Soup with Yam & Lily Bulb	
	主菜Entrees	辣椒炒肉 (辣) Stir-Fried Pork with Chili (Spicy) 莴笋炒牛肉 Stir-Fried Beef with Asparagus Lettuce 肉沫水蒸蛋 Steamed Egg with Minced Pork	剁椒鱼 (辣) Steamed Fish with Chopped Chili (Spicy) 香芹鸡肉炒藕片 Stir-Fried Chicken & Lotus Root with Celery 蒜台炒肉 Stir-Fried Pork with Garlic Scapes	红烧肉 Braised Pork Belly 粉丝包菜炒肉 Stir-Fried Pork with Cabbage & Glass Noodles 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	可乐鸡翅 Coca-Cola Chicken Wings 土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork 孜然洋葱尖椒海鲜 (辣) Spicy Seafood with Cumin, Onion & Chili	中式卤牛肉 Chinese Braised Beef 毛豆炒鸡肉沫豆腐 Stir-Fried Minced Chicken, Edamame & Tofu 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrot	
	蔬菜 Veg	白灼生菜 Poached Lettuce	清炒上海青 Stir-Fried Shanghai Green	蒜蓉油麦菜 Garlic Lettuce	清炒大白菜 Stir-Fried Chinese Cabbage	清炒杭白菜 Stir-Fried Bok Choy	
	主食 Staple	玉米饭 Corn Rice	红薯饭 Sweet Potato Rice	白米饭 Rice	白米饭 Rice	三丝炒面 Stir-Fried Noodles with Cabbage, Carrot & Egg	
	水果 Fruit	橘子 Tangerine	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	714.5	802.6	827.2	797.3	802.5
蛋白 Protein /g	35.5	31.6	30.9	43.9	39.0
脂肪 Fat /g	21.3	18.0	26.5	18.9	29.9
碳水 Carbs /g	95.2	128.5	116.3	112.8	94.4

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

# WEEKLY MENU

# ISNS MYP&DP&PYP Lunch Menu

## April 6<sup>th</sup> – 10<sup>th</sup> 2026



	Type	Monday (4.6)	Tuesday (4.7)	Wednesday(4.8)	Thursday(4.9)	Friday(4.10)
西餐 Western	汤 Soup	番茄胡萝卜汤 Tomato & Carrot Soup	土豆鸡肉汤 Chicken & Potato Soup	奶油西兰花汤 Cream of Broccoli Soup	罗宋汤 Borscht Soup	奶油玉米汤 Cream of Corn Soup
	主菜 Entrees	西西里奶酪焗鸡扒 Sicilian Cheese Baked Chicken Chop 时蔬配卡真鱿鱼 Seasonal Vegetables with Cajun Squid	沙茶香茅牛肉 Satay Beef with Lemongrass 炒年糕配海鲜 Seafood Stir-Fried Rice Cakes 	蒜香口蘑大虾 Garlic Mushroom Prawns 小南瓜配香肠蚕豆 Pumpkin with Sausage & Honey Beans	椰汁罗勒炖鱼 Coconut Basil Braised Fish 烤樱桃番茄配猪肉丁 Roasted Cherry Tomatoes with Diced Pork	香橙汁猪扒 Pork Chop with Orange Sauce 炒杂菇配鸡腿肉 Stir-Fried Mixed Mushrooms with Chicken Thigh 
	配菜 Side Dish	炒什锦蔬菜 Stir-Fried Mixed Vegetables	普罗旺斯炖菜 Provençal Vegetable Stew	炒双色甘蓝 Stir-Fried Two-Tone Kale	黄油西兰花 Buttered Broccoli	韩式炒杂菜 Korean Style Stir-Fried Vegetables
	主食 Staple	迷迭香烤小土豆 Roasted Baby Potatoes with Rosemary	蜂蜜烤玉米 Honey-Glazed Roasted Corn	黄油吐司 Butter Toast	肉酱千层面 Meat Sauce Lasagna	白米饭 Rice
	水果 Fruit	橘子 Tangerine	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橙子 Orange
	营养分析 / Nutrition Facts					
热量 Energy /kcal		692.9	845.0	821.7	828.1	772.0
蛋白 Protein /g		32.0	27.8	30.8	43.4	33.2
脂肪 Fat /g		21.6	21.7	19.3	31.7	21.5
碳水 Carbs /g		92.7	134.6	131.3	92.2	111.5
特色档 Special	兰州牛肉拉面配卤蛋 Lanzhou Beef Noodles with Braised Egg	新疆大盘鸡刀削面配煎蛋 Xinjiang Braised Chicken with Sliced Noodles & Fried Egg	酸菜肥牛汤面配鸡蛋 Sour Cabbage Beef Noodle Soup with Egg	叉烧鸡蛋乌冬汤面 BBQ Pork & Egg Udon Soup	照烧鱼丸面配煎蛋 Teriyaki Fish Ball Noodles with Fried Egg	
	营养分析 / Nutrition Facts					
热量 Energy /kcal		699.1	675.0	670.9	694.0	773.0
蛋白 Protein /g		43.0	31.5	35.7	25.7	33.4
脂肪 Fat /g		14.8	17.7	14.1	29.6	21.6
碳水 Carbs /g		98.5	97.4	100.4	81.1	111.3

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom